

# The Sourdough

S E N T I N E L

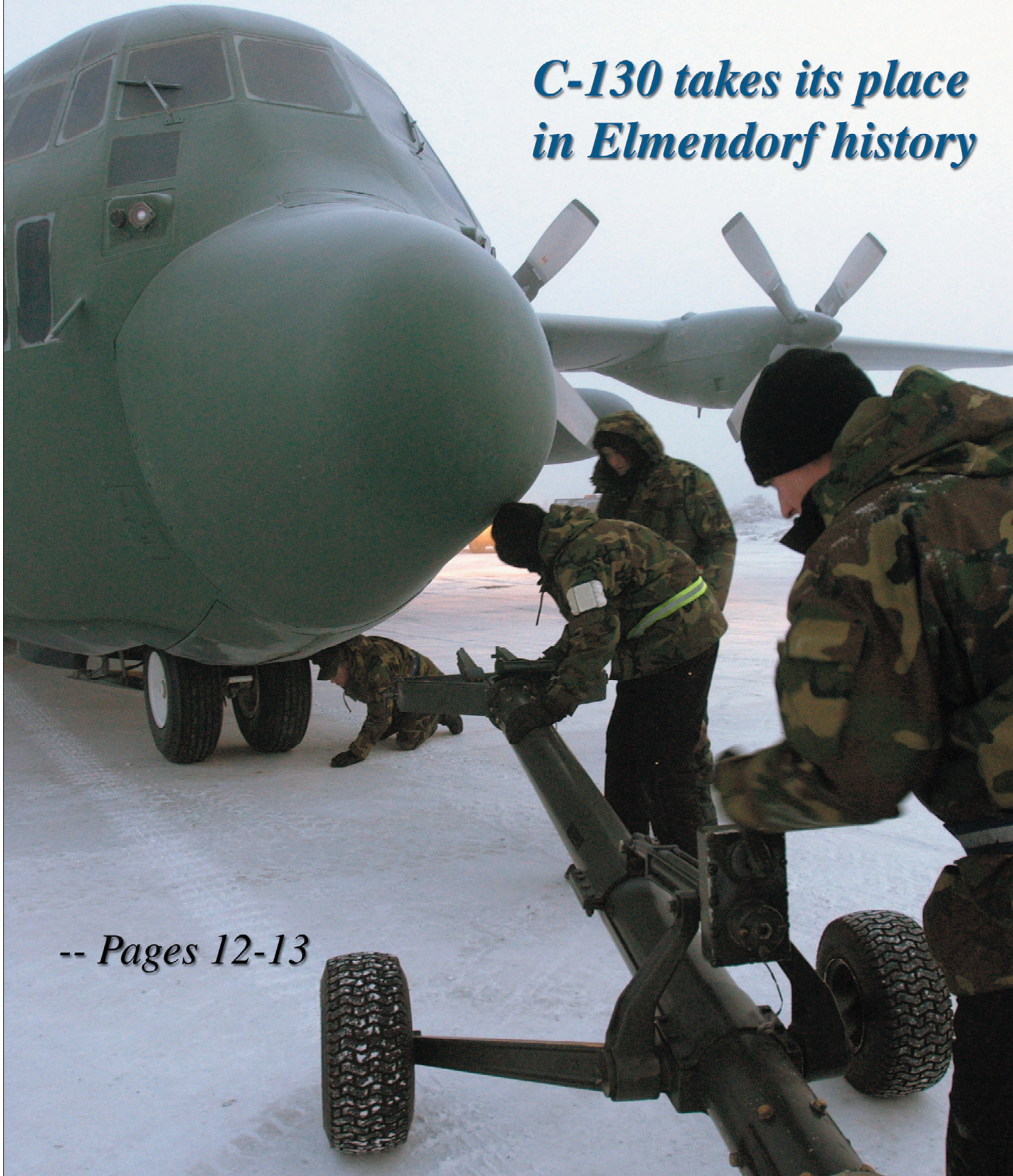
Feb. 18, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 7

## Hercules rises up

*C-130 takes its place  
in Elmendorf history*



-- Pages 12-13

## AFAF time

Brig. Gen. Michael Snodgrass, 3rd Wing commander, takes a moment to sign a check for the Air Force Assistance Fund.

The AFAF is designed to allow Air Force members the opportunity to contribute to specific charitable organizations benefiting Air Force members. The campaign is currently underway. For more information, contact your unit AFAF representative.



AIRMAN 1ST CLASS GARRETTE HOTHAN

# Action Line



Brig. Gen. Michael Snodgrass  
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**

**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

### Key phone numbers:

Col. Christopher Thelen, 3rd CES/CC  
552-3007  
Lt. Col. David Aupperle, 3rd SVS/CC  
552-2468  
Lt. Col. Robert Garza, 3rd SFS/CC  
552-4304

## Movie Theater

**Q:** This letter is in regards to the movie theater on base. I absolutely love the fact that my husband and I can go to movies on base, at a discounted price, and enjoy an evening together. I love being able to support base activities and all that they do for us. Unfortunately, there have been some issues at the theater that are seriously making me consider spending the money to go off base.

The first issue to be brought up is when the National Anthem is being played before the movie. There have been several instances when there are children dancing and talking through the entire song, and I am not talking about small children. I mean older children who know better. Obviously the National Anthem being played before a movie is not a normal occurrence at a movie theater; therefore, I believe parents need to tell their kids that they should stand quietly through the anthem as a sign of respect.

The next two issues go hand-in-hand so I will mention both of them. First, at the last two movies I have been to there were a lot of kids there

and all they did through the entire movie is talk. Both of these movies I went to were rated R, and I know most of these kids were not over 18. Not only did they talk through the whole movie, but also they were running up and down the aisles like they were at a playground. It makes me a little upset when I go to see a movie and then have to rent it two weeks later so I can watch it again because I couldn't hear it the first time.

I think it is fantastic that the base is providing safe places for our kids to go and enjoy themselves, but if all they want to do is talk and run around, then please go to the bowling alley or Arctic Oasis.

Thank You.

**R:** I am glad you enjoy using Elmendorf's Talkeetna Theater. We've just started some major remodeling and are committed to making it a first class facility. We recently remodeled the inside walls and stage area and are working to replace all the seats in the near future.

You are absolutely correct when addressing the proper protocol that dictates all patrons stand during the playing of the National Anthem.

And, everyone deserves to enjoy the movie without being distracted by the inconsiderate behavior of others. I've informed the AAFES Area Manager about these issues to ensure theater employees will ensure these practices are followed. My suggestion to them is a brief taped announcement, played just prior to the Anthem, that the proper protocol is to stand with your hand over your heart if civilian, or if military (in or out of uniform), stand at attention. In addition, I have asked our AAFES manager to rigorously enforce the minimum age limits for movies.

The ratings of the movies dictate who may enter. When a movie is rated "R", no one under 17 may be admitted without a parent or legal guardian. The parent or legal guardian must accompany the patron and purchase the admission ticket for them. If you feel that a patron is behaving inappropriately, please contact a theater employee. Patrons will be informed that their behavior is unacceptable and that if it continues, they will be asked to leave.

I appreciate your comments and hope you continue enjoying the movies at our base theater.

## Outstanding

## Performers

■ **Tech. Sgt Joseph Miller, Jr.**, 3rd Mission Support Squadron, showed integrity and dedication compiling over 30 hours of research to recover and update 150 overdue evaluations to ensure records were board-ready. He developed an Enlisted and Officer Performance Reports log that saved the staff over 240 man-hours and reduced research time 52 percent. He crafted an evaluation tracker for 35 units which the squadrons can now use to efficiently project upcoming reports. This effort improved EPR timeliness by 11 percent and OPR rates by 18 percent. He staffed and processed over 100 Force Shaping and 40 retirement cases.

■ **Staff Sgt. Jonathan Bowman**, 19th Fighter Squadron, excelled under extremely demanding conditions as he single-handedly operated the 19th FS's Life Support shop, launching six jets a day while working 12-hour shifts and earning a 100 percent launch support rating. Additionally, he accomplished a Safety Interim Time Compliant Technical Order requiring inspection of all parachutes and a ground safety self-inspection to prepare for a Wing Safety Staff Assistance Visit.

■ **Capt. Matthew Hill and Ms. Kathleen Clark**, Staff Judge Advocate Office, administratively resolved four complicated civilian personnel cases, and won Final Agency Decisions and summary judgments in three others. In an area where individual cases can take years to resolve, this is a significant achievement and sets a new standard of productivity. By resolving cases and defending agency decisions, Captain Hill and Ms. Clark ensure labor and management work together as a cohesive team, so that commanders can perform their mission.

■ This week's commander's shadow is **Senior Airman Cory Otteson**, 962nd Airborne Air Control Squadron.



**The Sourdough**  
SENTINEL

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Best in DoD 2000

Best in Air Force

1999, 2000 & 2001

Best in PACAF

1998, 1999, 2000 & 2001

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## 3rd Wing Moment in History



Elmendorf Field, July 8, 1940

### Feb. 17, 1940:

The Army Navy Journal carried an article, "Two New Air Force Stations in Alaska," stating that the Secretary of War had announced plans to build airfields near Anchorage and Fairbanks.

# Media at war

By Capt. Kelly Jeter  
3rd Wing Public Affairs

Last week’s Phase II exercise was my first here at Elmendorf, and I have to say it was quite a learning experience.

Having recently moved here from a base in the lower 48 that had a research and development mission, it was a little exciting to be back in the operational world with the jet noise and the particular sense of mission that comes from being in a war-fighting wing, required to be combat-ready at all times.

This time however, wasn’t just different for me; we did a little something that changed the exercise experience for many other players.

One of the primary missions of Public Affairs is to tell the Air Force story to the media, so that those who own the Air Force – the American people – know what we’re doing and understand our value to the defense of the nation.

Anyone paying attention to the news fully understands the media is getting more and more involved in the reporting of combat operations on a tactical level.

This means that if you haven’t already, you can probably expect to be asked to do an interview with a reporter either at home or at a deployed location.

To that end, the 3rd Wing Public Affairs office decided to try something new with our local media for this exercise. We invited one of the local broadcast news stations to send a reporter to cover the exercise in-depth.

This gave us the opportunity to not only tell the Elmendorf story in a fresh, new way, but it gave everyone in uniform a sense of what it would really be like to have media around during a combat operation.

Team Elmendorf stepped up to this interesting new challenge and the members of KTVA, Channel 11, were excited by what they saw.

Their various interviews of Exercise Evaluation Team members and other Airmen participating in the exercise gave them a good snapshot of how and why we train, and the different threats for which we prepare.

To everyone who helped with the media “embed” during this exercise, we want to say thank you. You helped our local community understand the mission and the value of their Air Force. We hope this scenario has helped everyone to be better prepared and more comfortable with media in your midst than before.



AIRMAN DE-JUAN HALEY



STAFF SGT. SUELLYN NUCKOLLS

## Exercise

Above: Members from the 3rd Services Squadron spread out body bags to simulate a mass grave site Feb. 10 as part of Elmendorf’s Phase II exercise.

Left: An ice-removal machine blows snow off of a C-130 during Pause Ex after a snow storm came through and dumped eight inches of snow during the Polar Force 05-2 exercise.

# 44 Airmen graduate Leadership School

The following senior airmen from Airman Leadership School Class 05-3, graduated Feb. 5.

*John L. Levitow*  
**Brianne George, 381st IS**

*PME Center Leadership Award*  
**Brianne George, 381st IS**

*Academic Achievement Award*  
**Heather MacNeal, 3rd EMS**

*Distinguished Graduates*  
**Heather MacNeal, 3rd EMS**

**Nathan George, 381st IS**  
**Robert Gambino, 3rd SFS**

*Graduates*  
**James Barrett, 11th OWS**  
**Angela Hemphill, 11th OWS**  
**Brett Benoit, 3rd AMXS**  
**Joseph Giordano, 3rd AMXS**  
**William Horner, 3rd AMSX**  
**Robert Labrec, 3rd AMXS**  
**Richard Mayhew, 3rd AMXS**  
**Chad Wichman, 3rd AMXS**  
**Daniel Kimmel, 3rd CES**  
**Robyn Wilson, 3rd CES**  
**Steven Llamas, 3rd CMS**

**Erin Nelson, 3rd CMS**  
**Rayald Ally, 3rd CS**  
**Jesse Grantland, 3rd CS**  
**Lea Musiol, 3rd CS**  
**Randy Lambert, 3rd EMS**  
**Christopher McClure, 3rd EMS**  
**Ronald Mills, 3rd EMS**  
**Brian Rhodehouse, 3rd EMS**  
**Kevin Rice, 3rd EMS**  
**Matthew Supnick, 3rd EMS**  
**Leigh Wakefield, 3rd EMS**  
**Christopher Daugherty, 3rd LRS**  
**Christopher Higgins, 3rd LRS**  
**Eric Juras, 3rd LRS**

**Archie Obiacoro, 3rd LRS**  
**Adrian Rice, 3rd LRS**  
**Richard Cardenas, 3rd MDOS**  
**Tiffany Patterson, 3rd MDSS**  
**Christopher Stanley, 3rd MDSS**  
**Michele Klein, 3rd SFS**  
**Mary Dejnozka, 3rd SVS**  
**Benjamin Richards, 381st IS**  
**Jonathan Packard, 611th ACS**  
**Jeanmarie Crawford, 611th AIS**  
**William Dibble, 703rd AMXS**  
**Matthew Isley, 703rd AMXS**  
**John Suskey, 703rd AMXS**  
**Corey Platt, 703rd AMXS**  
**Ryan Price, 732nd AMS**

# Government vehicle misuse reaps UCMJ

By Tech. Sgt Walter C. Haden, Jr.  
3rd Logistics Readiness Squadron

We’ve all thought about it at one time or another. “What would it hurt if I used a government-owned vehicle to run to the Shoppette?” Or at other times have thought, “Well, we are over here at the Dining Facility, let’s save some time and get something to go, I’ll only be a second.”

Air Force Instruction 24-301 specifically states: “Restrict the use of all Department of Defense motor vehicles, including those rented or leased, to official purposes only, that is, uses that would further the mission of the Air Force. Providing a government vehicle solely or even principally to enhance the comfort or convenience of the member(s) is not permitted.” Violating this instruction constitutes vehicle misuse.

So what happens if I break these rules and “misuse” a government vehicle? Military personnel are subject to disciplinary action under provisions of the Uniform Code of Military Justice or other administrative procedures deemed appropriate. Civilian personnel are subject to suspension from duty by the Secretary of the Air Force, without pay, for not less than one month, and shall be suspended for a longer period or summarily removed from office if circumstances warrant.

Government vehicles, including those leased or rented, are restricted to official use only and should not create a perception that will reflect unfavorably on the Air Force or cause public criticism. Therefore, unless a person is on a temporary duty assignment or performing an official duty, using or parking government vehicles at the commissary, base exchange (including all concessions), bowling centers, officer and noncommissioned officer clubs, squadron/flight picnics, gymnasiums or any non-appropriated fund activity (i.e. golf course, outdoor rec.) would be a misuse



STAFF SGT. DAVE DONOVAN

## Busted!

**A quick trip to a local restaurant for lunch, as is depicted in this staged photo, could be in violation of the Uniformed Code of Military Justice and may result in punishment.**

and should be avoided.

It’s easy for people to feel there isn’t any harm done, but keep in mind our vehicle fleet is a valuable and limited resource. It is everyone’s responsibility to take action against misuse or abuse of government resources. If you’re in doubt, ask yourself these questions:

Is the purpose of the trip official?

Does this have the potential to create a perception that will reflect unfavorably on the Air Force or cause public criticism?

How will this affect the mission?

Is commercial or Department of Defense scheduled transportation available?

For more information, or to report suspected vehicle misuse, call 552-3619 or 552-4475.

# February hosts history month celebrations

By Senior Airman Austin May  
3rd Wing Public Affairs

In 1926, teacher, historian, and publisher Carter Woodson established a short period of time to bring awareness to aspects of African-American heritage in the United States. He chose a week in February to coincide with the birthdays of abolitionist Frederick Douglass and former president Abraham Lincoln, as well as the founding of the National Association for the Advancement of Colored People. What began as Negro History Week was eventually changed to Black History Week in 1972, and extended to cover the entire month of February in 1976.

From the Buffalo Soldiers of the latter half of the 19th century, to the Tuskegee Airmen of World War II, African American history is as big a part of the United States military as it is the country itself. On Elmendorf, African-American History Month is recognized with a variety of events throughout the base.

Staff Sgt. Kendrick Hagwood, 3rd Security Forces Squadron, desk sergeant, is the chairperson of the African-American Heritage Committee. According to him, the activities scheduled throughout the month will help to educate people of all races on a small portion of African-American history, thus creating a sense of respect towards each other.

On Tuesdays in February, the base library is offering a reading program to youth ages 12 and under, known as “Read to Succeed.”

“We read a myriad of books that involve African-American History,” said Sergeant Hagwood. “Some of the books are written by black authors. This is our way of celebrating their contributions.”

During a health fair held February 12, services were offered which, according to Sergeant Hagwood, were neglected and not offered to blacks



AIRMAN 1ST CLASS JONATHAN THRASHER

**As part of African-American History Month, Senior Airman Christine Baptiste, 381st Intelligence Squadron, volunteers to read to Matthew Ramsey, 3, and other children at the Base Library Feb. 8. as part of the Read to Succeed program.**

during the civil rights movement. “Even though there were black doctors and inventors of various items used in health venues, [these services] were not offered to blacks. The struggles of the civil rights movement allow us to share these benefits with all of mankind,” said Sergeant Hagwood.

Today at the Kashim Club, starting at 11 a.m. and lasting until 1 p.m., will be “A Taste of Soul,” an ethnic food-tasting event and miniature fashion show, as well as a symposium featuring some of Anchorage’s professional African-Americans. For a \$5 donation, one can sample foods that are served in what Sergeant Hagwood refers to as “traditional African-American homes.”

“It is often said that soul food is what our elders served when African-Americans primarily lived in the south,” Sergeant Hagwood said.

To celebrate the end of the month, the Susitna Club will be hosting the “Red, Black, and Green Ball,” on February 26. Speaking at the event will be retired General Lloyd “Fig” Newton, the first black Thunderbird pilot. He has served as commander for several Air Force organizations, to include the 49th Fighter Wing at Holloman AFB, New Mexico, which is the Air Force’s only F-117 Nighthawk wing, and the Air Education and Training Command.

“People like General Newton have reached terrific results because of their hard work in the Air Force,” said Sergeant Hagwood. “No matter what their race, people are what make up the Air Force.”

For more information on African-American History Month, or to volunteer for an event, e-mail [kendrick.hagwood@elmendorf.af.mil](mailto:kendrick.hagwood@elmendorf.af.mil).



AIRMAN 1ST CLASS JONATHAN THRASHER

**Capt. Matthew Raper**

**Duty title:** 3rd Dental Squadron, general dentist  
**Hometown:** Stow, Ohio  
**Hobbies:** Drawing, painting, fishing and hunting  
**How he contributes to the mission:** Ensures Arctic Warriors are world-wide qualified to deploy when it comes to oral health  
**Time at Elmendorf:** 18 months  
**Best part of being in Alaska:** The outdoors  
**Supervisor’s comments:** “He exemplifies a can-do attitude as well as a desire to always look for ways to improve the processes we have in place to meet the 3rtd Dental Squadron’s goals and objectives.” Col. Scott Mackey



TECH. SGT. SHARON BALTAZAR

**Tech. Sgt. Jay Nordeen**

**Duty title:** USAF Band of the Pacific, string bass journeyman  
**Hometown:** Norfolk, Neb.  
**Hobbies:** Spending one-on-one time with his son, cycling, skiing and hiking  
**How he contributes to the mission:** By contributing to achieve a posi-tive effect on our target audiences  
**Time at Elmendorf:** Four years, two months  
**Best part of being in Alaska:** The solitude and physical demands of hiking the mountains  
**Supervisor’s comments:** “He is the kind of person who quietly leads by example and is always there to assist those in the unit whenever called upon. He is one of our behind-the-scenes people who help the unit run as smoothly as it does.” Master Sgt. Judi Westfall

### Flu shot

The 3rd Medical Group has expanded the influenza vaccination efforts to include all 3rd Wing active-duty Air Force personnel, 50-64 year old beneficiaries and those who are in close contact with high-risk persons.

These personnel, as well as high-risk beneficiaries, should receive the vaccine as soon as possible. All active-duty members are required to obtain a flu vaccine.

Immunizations are given on a walk-in basis at the Immunizations Clinic.

The clinic is open Monday through Friday from 7:45 a.m. to 4:30 p.m. For more information, call 580-2000.

### Lent events

This year, Lent began Feb. 9 and continues through March 25. The following are events for Lent:

■ The Way of the Cross. Everyone is invited to participate in the lay-led Devotion of the Way of the Cross Fridays during Lent in Chapel 2 at 5:30 p.m.

■ Fasting and abstinence. All Catholics ages 14 to 60 will fast and abstain on Good Friday. Abstinence forbids the eating of meat on all Fridays of Lent. The law of fasting allows only one full meal and two lighter meals and prohibits eating between meals.

For more information, call the Chapel Center at 552-4422.

### Family clinic hours

The Family Practice Clinic’s walk-in hours for injections and blood pressure checks are Monday through Friday from 8:30 to 11 a.m. and 1 to 3:30 p.m. The

clinic is closed at 11:00 a.m. on the third Thursday of each month and all holidays and down days. For more information, call 580-2305.

### Tenants responsible

All housing on Elmendorf is owned by a private developer, Aurora Military Housing. This means that the United States Air Force is not responsible or liable for any damage caused by the tenant(s).

According to the Tenant Lease, tenants may be held responsible to the developer for damages caused by their intentional or negligent conduct. Tenants are encouraged to apply for renters’ insurance offered by the developer and to seriously consider securing their own supplemental insurance. For further information, call the housing flight at 552-2547/4328.

### Correction

In the Feb. 11 issue of the *Sourdough Sentinel*, Junior Enlisted Member of the Year Senior Airman Richard Tibbett was identified as being a member of the 90th Aircraft Maintenance Unit. He is actually a member of the 3rd Civil Engineer Squadron.

### Child care

Any individual conducting child care services in their home for more than 10 hours per week in base quarters on a regular basis must be a licensed Family Child Care provider. This is in accordance with Air Force Instruction 34-276. For more information on how to obtain this

certification, call 552-3995.

### 3rd MDG council

The Health Consumers Advisory Council will be meeting March 10 at the Family Support Center. The 3rd Medical Group Commander invites all 3rd Wing and civilian organizations to send a representative.

This is an opportunity for all organizations to express views about the 3rd MDG, as well as affording the 3rd MDG the opportunity to inform beneficiaries about services and programs offered. Questions may be directed to Staff Sgt. Roman Vyvial at 580-6890.

### Club gate passes

Individuals with a DoD/military ID can sponsor a guest on base by filling out a Club Gate Pass from the Susitna Club cashier, Cave or Kashim Club duty manager during normal operating hours. For more information, visit the Web site [www.elmendorfservices.com/gate\\_passes.htm](http://www.elmendorfservices.com/gate_passes.htm).

### Women’s conference

There will be a women’s conference held March 9, from 8:30 a.m. to 3 p.m. on Fort Richardson. Workshops include everything from Investments and Cooking on a Budget, to Hot Monogamy and Bedroom Conversation and Babes with Wrenches.

The workshop will be held at the Capt. James G. Lee U.S. Army Reserve Center. For more information, contact Tammie Adair at 384-0225 or Barbara Ringland at 384-6048. There is no cost to attend the conference.



## Chapel Schedule

### Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
  - **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.
- For more information, call the Chapel at 552-4422.

# Tooth-saving device proves cheap, easy to use

*Mouthguards provide needed protection for teeth, gums while playing sports, critical in preventing permanent dental injuries*

**By Capt. Bradshaw Stout**  
3rd Dental Squadron

The most injured area of the body during contact sports is the mouth. From elbows thrown during pick-up basketball games to high hockey sticks, wayward objects have a way of finding the face during the heat of competition.

Trauma caused by these objects hitting the mouth can be painful, unsightly, permanent and can create serious head injuries. Everyone, from retirees to children who play sports, should wear a mouthguard while engaging in contact sports. It is imperative to guard you and your children against oral trauma and serious head injury.

Mouthguards can help an individual avoid having their lower jaw jammed forcefully against their upper jaw, an action that can result in serious injuries, such as concussion, cerebral hemorrhage, unconsciousness, jaw fracture and/or neck injury.

Mouthguards also are effective in moving soft tissue in the mouth away from the teeth, thereby preventing the normal tearing and bruising in the the mouth. Soft tissue trauma is especially a concern for those wearing dental aids, such as retainers or braces.

Stock or ready-made mouthguards can be bought at most sports stores. Although this type is inexpensive and easy to find, they are also the least effective. They come in many different shapes and sizes, however little can be done to

adjust the stock mouthguard to fit each individual mouth. Many athletes complain that they are too bulky, loose, uncomfortable, and often interfere with breathing and speaking.

Mouth-formed or boil and bite mouthguards are quick to custom make. The 3rd Dental Squadron stocks these at the front desk of the dental clinic. They are available upon request for active-duty members playing contact sports. This type of mouthguard is molded to fit each individual mouth by boiling the mouthpiece in water and then biting into the warm plastic to produce a custom fit. This type can be refitted if not properly formed the first time. These mouthguards perform well but can feel bulky to some athletes.

Custom-made mouthguards are individually designed and constructed by a dental professional. They offer the best protection, fit and comfort level. The main drawback is that these mouthguards are expensive and take a couple of dental appointments to make. Even though this type of mouthguard takes some time to fabricate, avid athletes prefer them.

No matter what type of mouth guard you choose, use you should wash it out before and after each use with warm water and soap. Do not use hot water as it may distort the material. Store your mouthguard in a container with water so it will not be lost or distorted by dehydration.

Heat is damaging to mouthguards, so do not

leave it in direct sunlight or in a hot automobile. Do not use someone else's mouthguard, as it may place unnatural forces on your teeth or spread disease. Mouthguards, like other sports equipment, will wear out, so be sure to replace them when they no longer fit snugly or begin to tear.

We all know that when we don't take precautions, calamity can strike. Choose the best mouthguard for you, and wear it during contact sports to stay safe while having fun.



ILLUSTRATION BY SENIOR AIRMAN AUSTIN MAY

*February is National Children's Dental Health Month*

# Arctic Life

Great living in the great land

## White death: Avalanches are sno' joke

By Senior Airman Amy Morrisette  
3rd Wing Public Affairs

The shifting temperatures during the second half of January have the potential to make this year's avalanche season very dangerous, say Elmendorf safety experts.

"Avalanches result from massive layers of snowfall, coupled with temperature swings that warm and re-freeze the snowpack. That results in the snow layers not properly bonding together," said Master Sgt. Carlton Williams, 11th Air Force Safety Office.

Avalanches are a natural and regular occurrence in Alaska, happening mostly in the backcountry on slopes between 30 and 45 degrees.

According to [www.avalanche.org](http://www.avalanche.org), Alaska was number one in avalanche deaths in the U.S. between 1996 and 2002, with 24 percent of all deaths. "Per capita that is real high because Colorado has 4.5 million residents and Alaska has 650,000 residents," said Mr. Royce Qualls, 176th Air Control Squadron and vice president of the Backcountry Avalanche Awareness Response Team.

In 1999, a member of the 11th Air Force family lost his life in an avalanche. "The mountain he was on had a slope that varied from 32 to 50 degrees," said Sergeant Williams. "He was out snowmobiling with some friends during March, when a slab of snow a half-mile wide and seven feet deep came crashing down on him."

That year, there had been a solid snowbase established during the winter snowfall, but over time this snow was melted by the sun, causing a slick, icy, glazed surface that a lot of fresh snow fell on.

"We have the same conditions setting up this year," said Sergeant Williams. "We've had the big swings in temperature, now all we need is more snow to make a really dangerous set of conditions."

In the weeks prior to the 1999 fatal avalanche, 10 feet of snow had fallen on the mountainside and the temperature had changed a lot. Other snowmobilers had been riding in the area and there was evidence of highmarking," said Sergeant Williams.

"Highmarking" is when snowmachiners try to get as high up a hillside as they can until just before the machine bogs down to a stop, then they quickly turn downhill. They keep repeating the maneuver to see who can get the highest on the hillside.

According to Mr. Qualls, human factors are the major problem when dealing with avalanches. Nearly all the avalanches dealing with people are triggered by the victims themselves or by a member of their party.



AIRMAN JONATHAN THRASHER

**While snow may look beautiful as it blankets the mountains, it can pose serious risks.**

"Most of the deaths could be prevented by groups using safe travel techniques," he said. "People get in the mind-set that they just bought a new snowmachine or skis, or they just traveled a couple of hours and they do not want to waste their time or money. So, they will ride in marginal conditions to fulfill a perceived need. They need to go out with the attitude that it will be okay to alter their riding/skiing location, or goals, if conditions are borderline dangerous.

"People also get tunnel vision when riding or skiing. They focus on what is directly ahead of them and don't look around. Most people who get killed miss obvious danger signs such as naturally occurring avalanches in the same area."

A key to avalanche safety is recognizing some obvious clues. The following are some signs of an avalanche:

- Avalanche tracks — chutes where sliding snow has removed the trees
- A "whoomping" sound from the snow
- Warnings from avalanche centers

Individuals who plan on participating in winter activities on the slopes should ensure they have all the tools for their survival.

For avalanche survival, however, human behavior is more important than the quantity or quality of a person's safety gear.

"Safety gear is important, but as soon as you use the gear as an excuse to push the limits, it's worthless. No amount of gear will keep you alive in a big avalanche. The only guaranteed way to survive an avalanche is to avoid it," Mr. Qualls said.

Before heading out to ski, snowmobile or participating in any other winter sport, it's a good idea to check the latest avalanche forecast along with recent weather reports. A hotline provides Chugach National Forest avalanche and snow information at 754-2369.

Avalanche awareness training and education is widely available. The Backcountry Avalanche Awareness Response Team hosts awareness training on Elmendorf with future class dates and times to be announced.

For groups that are interested in receiving training, BAART will schedule free or reduced cost avalanche awareness training classes upon request. For class information, go to [forum.baart.us](http://forum.baart.us) or call Mr. Qualls at 552-6064.

The Alaska Mountain Safety Center offers in-depth classroom and in-the-field avalanche training programs.

For more information about avalanches, go to [www.alaskaavalanche.com](http://www.alaskaavalanche.com) or [www.avalanche.org](http://www.avalanche.org).



Lt. Col. Larry Bowers, commander

### Unit Spotlight 90th Fighter Squadron

#### MISSION:

The 90th FS is a combat-ready fighter squadron prepared for rapid worldwide deployment of a squadron of F-15E aircraft to accomplish precision engagement of surface targets using a wide variety of conventional air-to-surface munitions. They train in fighter missions of strategic attack, interdiction, offensive counterair (air-to-surface), suppression of enemy air defenses, as well as offensive and defensive counterair (air-to-air).





PHOTOS BY TECH. SGT. KEITH BROWN

Local contractors hoist the C-130 to its final resting place on a concrete pad at Heritage Park. This final phase of the move had to be delayed until Feb. 11 due to adverse weather conditions.



Despite the sub-zero temperatures, power utility crews braved the weather to raise power lines high enough to allow the C-130's tail section enough clearance to pass beneath.

## C-130 takes one final flight

By Senior Airman Austin May  
3rd Wing Public Affairs

For the last few years, talk has circulated about adding to Elmendorf's Heritage Park one of the world's most well-known aircraft, the C-130 Hercules. First flown out of Elmendorf 30 years ago, the "Herc," as it is commonly called, has been an integral part of the history of this base and the people it serves.

In May of last year, the decision was made to make that happen, and augment the park's static fleet with what is now its largest aircraft. Since then, more than 1,700 man-hours have gone into getting the aircraft where it now sits, at the rear of the park's display.

According to Senior Master Sgt. William Ferguson, 3rd Equipment Maintenance Squadron, the project had to wait until mid-winter so the soft ground would be frozen enough to support the plane's weight as it was being moved to its resting location.

"The concrete pad on which the plane now sits had to be heated the entire week leading up to the final move to keep it dry and melt any ice that may

have formed," said Sergeant Ferguson.

This project was much different than the one this fall, when the F-15 Eagle was placed outside the Boniface Gate. According to Seargant Ferguson, even though the C-130 had a much shorter distance to go, it was much bigger, and thus presented its own unique challenges in trying to get the job done.

Several base agencies were essential in the success of the move. People from the 517th Airlift Squadron, the 3rd EMS, the 3rd Component Maintenance Squadron, and the 3rd Civil Engineer Squadron, as well as civilian agencies such as GCI and Municipal Lighting & Power, assisted in everything from taking down fences and lifting telephone and power cables, to removing all fuel from the aircraft's tanks and towing it to the display pad.

The plane's paint scheme, including the Military Airlift Command markings, is that of the former 17th Tactical Airlift Squadron, which was stationed at Elmendorf from July 1964 to April 1992, when it was re-designated the 517th AS. The airplane is a C-130 E model, which the squadron flew from 1975 to 1985, before it switched to the current gray H model.



Above: Senior Airman Robert Register, 3rd Equipment Maintenance Squadron, checks behind his vehicle as he tows the C-130 across the flightline.

Left: Members of the 3rd Civil Engineer Squadron chip away at the ice which formed at the bottom of a fence that had to be removed to allow the aircraft to move from the flightline to Heritage Park.

On the Cover: 3rd EMS members attach the tow bar to the C-130 in preparation for its move.

The Weekend

:::spotlight

:::fri

# Center offers learning opportunities

By Mrs. Mary Rall  
3rd Services Marketing

People spend enormous amounts of time in classes throughout their lives learning everything about anything that comes their way. So, why not spend some time in a class learning something you actually care about by stopping by the Skills Development Center?

Classes are offered at the center to meet the widest needs and tastes. Not even age can hold back those creative juices as the facility offers classes for both youth and adults to enjoy. Those in the mood for a crafty alternative for their free time can take in classes varying from scrapbooking to stained glass making. The younger set can enjoy Kids Kraft classes that focus on everything from working with leather to ceramics.

Although it's nice to craft something of your own making, sometimes what's needed is a showcase for special creations, keepsakes or a favorite picture. Those who have an item to protect and display, can stop by the center's Frame Shop to sign up for one of their many framing classes.

The shop has an large selection of quality frames, mattes and a state of the art matte cutter. Those who would rather leave the work



SENIOR AIRMAN AUSTIN MAY

The skills development center is located across the street from the Katmai Child Development Center

to the professionals, though, can also take advantage of the shop's trained staff, who can perform the framing for them at a designated rate.

While the Frame Shop corners the market on quality framing, the Auto Hobby Shop is a great resource for learning to keep a vehicle running in picture perfect condition. The shop regularly features Basic Automotive Maintenance classes to teach patrons the fundamental ins and outs of their vehicles, but they will also help customers obtain more advanced skills.

By just renting a stall at the shop, patrons can take advantage of the trained staff's knowledge that is available to help customers through procedures. Also, if an individual gets in too deep on a project, the staff will

complete the work for them at the designated shop rate.

The Skills Development Center offers all of these learning opportunities and more for patrons to take advantage of. Participants should confirm each class due to periodic changes in the schedule caused by instructor unavailability and deployments.

Classes must be paid for three days in advance, and classes must be cancelled three days prior for refunds to be given. Classes must also have a minimum of three people pre-registered and prepaid to open. Most class supplies are provided, however, some supplies must be purchased to keep the course costs down for the Stained Glass and Cake Decorating classes. For information, call 552-7012.

:::inside the fence

- CGOC Night**, Today at The Cave. 753-3131
- Free Comedy Show**, Today at 9 p.m. for those 18 and older at the Kashim Club. 753-3131
- Friday Bowling**, Today from 5 p.m. to 1 a.m. with Xtreme bowling at 9 p.m. for \$2.50 per game at the Polar Bowl. 552-4108
- Operation Night Hoops**, Today at 8:30 p.m. at the Youth Center gym. 753-2371
- All Night Xtreme**, Saturday from 10 p.m. to 1 a.m. at the Polar Bowl. 552-4108
- Give Parents a Break**, Saturday from 1-5 p.m. at the Denali CDC. 552-8304
- Halo 2 Tournament**, Saturday at the Arctic Oasis Community Center. 552-8529
- Airmen's Xtreme Bowling**, Saturday at the Polar Bowl. 552-4108
- Sunday Brunch**, Sunday from 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131
- Family Xtreme Bowling**, Sunday from 1-8 p.m. at the Polar Bowl. 552-4108
- Alyeska Ski Trip**, Sunday from 8 a.m. to 7 p.m. for \$49

- with the Outdoor Adventure Program. 552-4838
- Beginning Cross Country Lessons**, Sunday at 1 p.m. at the Outdoor Recreation Center. 552-2023
- President's Day Skiing**, Monday from noon to 9 p.m. at Hillberg Ski Area. 552-4838
- Airmen's Special**, Monday from 5-9 p.m. at the Polar Bowl. 552-4108
- Youth Baseball Registration Begins**, Monday for \$55 per person at the Youth Center. 552-2266
- President's Day Bowling**, Monday from noon to 9 p.m. for \$2.50 per game at the Polar Bowl. 753-3131
- Kayaking Basics and Safety Class**, Tuesday at 8 p.m. at the Fitness Center. 552-4838
- Take It and Make It**, Tuesday at the Library. 552-3787
- Bowler Appreciation Night**, Tuesday from 5-9 p.m. at the Polar Bowl. 552-4108
- Preschool Story Hour**, Tuesday at 10:30 a.m. at the Library. 552-3787
- Free Hotdog and Soda**, Wednesday with the purchase

- of a lift ticket at Hillberg Ski Area. 552-4838
- Wednesday Night Madness**, Wednesday from 5-9 p.m. at the Polar Bowl. 552-4108
- Boss and Buddy Night**, Thursday at 4:30 p.m. at the Kashim Club. 753-3131
- Morning Coffee Conversation**, Thursday at 10:30 a.m. at the Arctic Oasis Community Center. 552-8529
- Red Pin Bowling**, Thursday from 5-9 p.m. at the Polar Bowl. 552-4108
- Family Night Buffet**, Thursday at the Susitna Club. 753-3131
- Beer Specials**, Thursday with \$1 cups and \$4 pitchers at The Igloo at the Polar Bowl. 552-4108
- Operation Night Hoops**, Feb. 25 at 8:30 p.m. at the Youth Center gym. 753-2371
- Friday Bowling**, Feb. 25 from 5 p.m. to 1 a.m. with Xtreme bowling at 9 p.m. for \$2.50 per game at the Polar Bowl. 552-4108
- \* *Skills Development Center classes must be signed up for three days in advance.*

**RETIREE THANKS:** Retired members can stop by the Susitna Club for dinner and receive an additional 20 percent off their meal. 753-3131  
**Movie:** *White Noise* (PG-13) People have always searched for a way to communicate with the other side, driven to find a way to connect with loved ones who have passed on. Jonathan Rivers, distraught after the death of his wife, is contacted by a man who receives messages from her through something he calls electronic voice phenomena," or the "white noise" most of us hear when we flip through the radio dial. Jonathan is skeptical, but becomes convinced EVP is real. 7 p.m.

:::sat

**PARTY ON:** Join us for an Old School Party from 9 p.m. to 3 a.m. hosted by Mixmaster T-Bone and special guest Kool DJ Reggie Ward. 753-3131  
**Movie:** *White Noise* (PG-13) See above for movie details. 7 p.m.

:::sun

**PLAY TIME:** Join the Arctic Oasis Community Center for its traditional Family Game Day at 1 p.m. Bring in a Valentine's Day Card with the phrase "be mine" on it and receive one free bingo card with the purchase of two cards for \$3 total. 552-8529.  
**Movie:** *Fat Albert* (PG) Fat Albert and the Cosby Kids come to life and literally step out of their animated, inner-city Philadelphia, cartoon world. The crew steps out of a TV one day and into modern-day America, where they discover pop-top cans, shopping malls, rap, and girls, girls, girls. 7 p.m.

:::fyi

**ICY WATERS:** Cast your line at a free Ice Fishing Tournament Monday at Hillberg Lake from noon to 4 p.m. Prizes will be awarded. There is no age limit for this event. 552-4838.

# Transportation Airmen get convoy training

**By Donna Miles**  
American Forces Press Service

A new training facility under construction at Camp Bullis, Texas, will keep alive the name of an Elmendorf hero once it is completed. The facility that will be used to train transportation specialists to conduct convoy-security missions will be named Camp Anderson-Peters in honor of two Airmen killed in Bayji, Iraq, while on convoy-security missions. Elmendorf’s Airman Carl Anderson was killed on Aug. 29, 2004, when his vehicle hit an improvised explosive device.

This new facility will help convoy-security instructors such as Master Sgt. William Chapman. When Sergeant Chapman joined the Air Force transportation field 20 years ago, he never dreamed he would use his skills far beyond the flightline.

Recently returned from Iraq, Sergeant Chapman is teaching his fellow Airmen critical skills needed to conduct convoy-security missions there.

It is a nontraditional mission the Air Force has not carried out since Vietnam but took on again early in 2004 to help ease the burden on the Army and Marine Corps, said Air Force Master Sgt. Phil Coolberth, who helped establish the Air Force’s new Basic Combat Convoy Course here.

Today, the Air Force is a full partner with the Army and Marine Corps as it runs convoys throughout Iraq, with more than 1,000 transportation, security forces and medical and personnel Airmen trained to help provide security, said 1st Lt. Leo Martin, course commander.

The course packs into four weeks the combat skills Airmen will need to stay alive as they carry out the mission, including weapons, tactics, maneuver and small-unit leadership skills.

That is no small task, considering the limited ground combat training most Airmen receive. Air-

men typically receive just one week of field experience during basic training and fire their weapons only once every two years.

“Unless your specialty is security forces or special operations, our knowledge of field skills is pretty limited,” Lieutenant Martin said.

While acknowledging that the training represents a real “cultural switch,” Sergeant Coolberth said Airmen’s lack of field combat skills when they enter the training is not all bad. They come to the course without ingrained bad habits and are open to the course material as they undergo training specifically geared to the convoy mission, he said.

“We’re building the perfect set of skills for this exact mission,” Sergeant Coolberth said.

He was among the first Airmen deployed to Southwest Asia to conduct convoy security and received only a patchwork of training before arriving in Iraq.

Sergeant Coolberth said he and his colleagues quickly recognized the need for a comprehensive, standardized training program geared specifically for the mission in Iraq.

Students qualify on M-4 assault rifles and M-249 machine guns and learn to shoot long distances at night. They are also taught the rules of engagement, and laws of armed conflict, and are trained in land navigation and tactical communications. They practice convoy maneuvers to learn how to react if their vehicle comes under fire, hits a roadside bomb or breaks down, and how to protect themselves if they are forced to abandon their vehicle. Some of the students also receive basic combat lifesaving training.

“Our emphasis is on small-unit leadership,” said Staff Sgt. Walter Voltz, the student first sergeant who earned a Bronze Star while conducting a convoy mission in Iraq. “This is an exercise in teaching these young kids how to make sound decisions using a model that’s tried and true.”

After completing the training at Camp Bullis, the students head to Fort Hood, Texas, to validate their skills, then deploy to Southwest Asia “within days,” Sergeant Coolberth said. This ensures they are “very motivated students,” he said. “We don’t have any trouble keeping them awake in the classroom.”

Airman 1st Class Todd Martin, from Kadena Air Base, Japan, said the training here “is preparing us for everything that could come our way,” and it is giving him “a lot more confidence” for the mission he will soon carry out in Iraq.

“We’re learning a lot here,” Airman Martin said. “They’re teaching us as much as they can, and most of the instructors have been there. That’s as good as it can get.”

The course instructors, many of whom have conducted convoy security missions in Iraq, use their experiences to prepare the Airmen. But they are quick to acknowledge that with the ever-changing situation on the ground, they cannot rely on past experience alone.

“Our exercises mirror scenarios on the ground,” he said. “We’re constantly changing the curriculum to match the intelligence. Intelligence drives the operations, and operations drive the training.”

If there is any measure of success of the program, it is how students are received in the field. Sergeant Voltz said he ran into “a little skepticism at first from Army units on the ground,” but after seeing the Airmen perform, he said the Soldiers “were asking for them by name.”

Sergeant Voltz calls the program a major step forward in the Air Force’s ability to work jointly with its sister services and to prepare its people as they take on new, nontraditional missions.

“This is a proven course that saves people’s lives,” he said. “We try to put these guys in the right frame of mind so they can focus on the mission and survive the rigors of combat.”



PHOTOS BY AIRMAN 1ST CLASS JONATHAN THRASHER

### Ash Wednesday

Above: Robert Beacham receives the mark of the cross on his forehead as part of an Ash Wednesday ceremony at Chapel 2 Feb. 9.

Right: Chaplain (Maj.) Patrick Fletcher conducts Communion for those in attendance at the Ash Wednesday services at Chapel 2. Ash Wednesday marks the beginning of the 40-day period of fasting and remembrance for Catholics, known as Lent.

Other upcoming events include the National Prayer luncheon, which will be at the Susitna Club March 11 at 11:30 am. Tickets are \$7 (\$5 for E4 and below) and must be pre-purchased. They will be available through unit Sergeants or the Chapel Feb. 21-March 7. For more information call 552-3241



# President’s Day

By **1st Lt. Tony Wickman**  
Alaskan Command Public Affairs

**ACROSS**

- 1. Sprint competitor
- 4. 2nd President
- 9. Bar bill
- 12. Color
- 13. 5th President
- 15. Unfortunately
- 17. Swiss mount
- 18. Copyright
- 19. Mona \_\_\_\_
- 20. Equal
- 22. 30th President Coolidge
- 24. Pact
- 27. Eye shadow
- 29. Terminate
- 30. Formerly known
- 31. Gamble
- 32. 40th President
- 35. Italian money, once
- 36. Something to write on
- 39. Fashion magazine

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Last week’s solution

- 40. Opposite of 58 DOWN
- 41. Wise
- 42. California time, in short
- 43. Sgts.
- 45. 28th President
- 47. Mistake
- 48. Opposite of 45 DOWN
- 49. Former USSR spy org.
- 52. Beatty and others
- 53. Draw
- 57. Spoke
- 59. Stick
- 60. \_\_\_\_ Bridges
- 61. Cell occupant
- 67. Actor Stephen
- 68. Against
- 69. 33rd President
- 70. Damage
- 71. X
- 72. Jellies
- 73. Doctors’ workplaces, in short

**DOWN**

- 1. Conform
- 2. 10th President
- 3. Plains Indian house
- 4. Guitar need
- 5. Morgue status, in brief
- 6. Picnic pest
- 7. Mil. meal
- 8. Offspring
- 9. Lanky
- 10. Animate
- 11. Chasm
- 14. Glass cutter
- 16. Grind down
- 21. Barbecue pit

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68					69							70	
	71					72						73	

- 23 \_\_\_\_ Vista
- 25 Summer drink
- 26 Desire
- 28 Newspaper part
- 32 Dem. opponent
- 33 Golfer Ernie
- 34 Model Carol
- 35 \_\_\_\_ Vegas
- 36 La \_\_\_\_, Bolivia
- 37 Earlier
- 38 Lair
- 40 38th President
- 41 Rest
- 43 Hawaiian bird
- 44 Card type
- 45 Existed
- 46 Bother
- 49 Hawaiian town
- 50 18th President
- 51 Moisten; in cooking
- 54 Singer Mel
- 55 AFS in Alaska
- 56 Listens
- 58 Lean
- 62 Gun lobby
- 63 Cup
- 64 Dr.’s org.



# **WHO'S YOUR WINGMAN?**

**THERE ARE SOME THINGS IN LIFE THAT JUST  
WEREN'T MEANT TO BE HANDLED ALONE ...**

**IF YOU NEED A WINGMAN THE BASE CHAPLAIN,  
THE LIFE SKILLS COUNSELORS, AND THE PEOPLE  
AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.**

**ONE SUICIDE IS ONE TOO MANY**



# SPORTS NEWS



PHOTOS BY AIRMAN 1ST CLASS JONATHAN THRASHER



## Couple's Yoga

Above: Kyle Griffin and his wife Shay assist each other with some yoga movements during a Couple's Yoga session at the Fitness Center on Valentine's Day Monday.

Left: Yoga instructor, Janeete Wiseman joins class participant Don Keefe in a special stretching exercise. These movements were designed to incorporate two people in traditional yoga techniques.

## Sports Shorts

### Swim lessons

Registration for the February swimming session is under way at the Fitness Center for \$40. The classes are as follows: beginner on Tuesdays and Thursdays from 5-5:30 p.m.; advanced beginner on Tuesdays and Thursdays from 5:30-6 p.m. and beginner on Saturdays from 11 a.m. to noon.

### Fit Pregnancy class

Exercising during pregnancy is good for both

mom and baby. Learn how to work out safely at a Fit Pregnancy class Tuesday and March 29 at 10 a.m. at the Health and Wellness Center.

The classes are open to everyone and mandatory for all pregnant active-duty members. For more information, call 552-9959.

### Basketball tourney

The Armed Forces Basketball Tournament is scheduled for Thursday-Feb. 27 at the Base Fitness

Center. To register or find more information, call 552-5353.

### Intramural sports

The Fitness Center has many intramural sports available for patrons. Some of these activities include billiards, volleyball, basketball and darts, to name a few. For more information on joining or forming a team, call the Fitness Center at 552-5353.